



Mental Health Awareness

HEALTHY RELATIONSHIPS

Recipe For Success

1. Communication
2. Trust
3. Active listening
4. Have fun together
5. Equality
6. Willingness to work through challenges



How You Should Feel

- Safe
- Free to be you
- Supported
- Encouraged
- Comfortable
- Validated



TRUST

Relationship Red Flags

Seek support from a trusted adult if you feel:



- Afraid
- Ashamed
- Rejected
- Not good enough
- Lonely
- Isolated
- Insecure
- And/or Experience:
 - Gaslighting
 - The need to walk on eggshells